# A healthy lifestyle

**Level**

Elementary

**Tasks**

Deciding if various types of food are healthy or unhealthy
Reading an article about government plans to encourage healthy eating
Completing a table with nouns and verbs
Agreeing or disagreeing with statements about healthy eating and discussing your answers

**How to use the lesson**

**1**   Brainstorm common types of food and write up some examples on the board. Check that students know the adjectives 'healthy' and 'unhealthy' and give examples e.g. eating vegetables is healthy / smoking is unhealthy. Hand out the worksheet and ask students to mark the food and drinks in the box with H (for healthy) and U (for unhealthy). Let students compare their answers. There should be scope to practise statements like: *too much X is unhealthy / a little (red wine) can be healthy etc.*

**2**   Ask students to scan the article and find as many examples of food / drinks from exercise 1 in just one minute.

   *Answers*
   *Paragraph 1:        junk food*
   *Paragraph 3:        junk food, burgers, crisps and soft drinks*
   *Paragraph 4:        beer, wine, chocolate*

**3**   Teach the words 'obese / obesity' and tell students that this is a problem in many countries. Ask students to read the text again and list the changes in law that the government is considering. Check vocabulary such as: *voluntary, labels, ban, misuse, measures.*

**4**   Ask students to complete the table. Students can ask questions or make statements using the nouns / verbs.

   *Answers*
   *(a) ban / to advertise / (a) label / to introduce / (a) consumer / to produce*

**5**   Ask students to tick their answers. Then tell them to work in small groups to discuss the answers and report their ideas back to the class. If time, ask each group to think of other measures the government or food companies could introduce to encourage people to lead healthier lifestyles.

**Related websites**

Send your students these websites, or just take a look yourself.
http://www.food.gov.uk/healthiereating/
http://www.eatwell.gov.uk/
http://www.metrokc.gov/health/nutrition/foodguide.htm

onestopenglish
.com
Solutions for English Teaching